

FROM THE CLUB COACH

To play in a Grand Final is something pretty special – and certainly something never to be taken for granted. There are many people who play sport their whole life and don't get to experience that last day in September let alone win a premiership.

I would like to congratulate everyone at Contax for an outstanding season – of our 37 teams we had 33 experience finals netball and this Saturday have 22 playing on the big stage. This is one of our greatest Grand Final showings and an absolute credit to our committee, coaches, players, umpires, volunteers, players, sponsors, supporters and all involved.

But let's not settle or be happy with these statistics. Instead we rise to the challenge. They say the hardest thing in sport is to stay at the top. And this is something unfortunately our Premier League and Reserves have experienced first-hand this season. So to our 200 players and 22 coaches taking to the court this Saturday, below are some thoughts that may hold you in good stead:

1. Keep it Simple and Believe trust the work you have done all year has prepared you for this game, basic skill will always overcome

2. "1st with the Head then with the Heart" friendship, passion, desire and courage will ignite the fire in the belly and fuel you throughout the battle but it is the mind and making the smart decisions at the critical moments that will see you prevail

3. Value the Ball when you win a turnover do what it takes to score, remember it doesn't have to be pretty

4. Attack the Ball Strong whether in defence or in attack, take that extra step towards the ball with strong hands

5. Play in the right spirit of our great game adapt to umpires, be respectful in all you do and wear your Blues uniform with absolute pride

I wish you all the very best of luck – though remember you make your own luck by being 1st to the ball, wearing down your opponent and backing each other up. I look forward to seeing Priceline Stadium a sea of Blue.

DON'T HOPE, DON'T THINK, JUST DO, MAKE IT COUNT
#uptheblues

Leanne Eichler
Premier League & Club Coach

